



NSA Jr Sailing Guidelines & Suggestions

Welcome to NSA Junior Sailing - We look forward to welcoming you and your child to our sailing program!

Please print, sign, date, and bring to your class on the 1st day.

Please bring any medicines/instructions in a bag/container with the child's name labeled, each day!

1. Each sailor may choose to wear a face covering while sailing or on the club grounds.
2. Registered Sailors should check-in, and then follow signs/instructions to meet instructors.
3. Each sailor must have a life jacket (PFD), which must be worn on the dock and boat & in the water. If forgotten, there are a few extra PFDs that can be used.
4. The club will provide a free t-shirt or a gaiter to each student as part of the program.
5. Each sailor is required to wear footwear at all times. Closed toe shoes are strongly suggested. *Shoes will get wet!*
6. Sailors must check themselves in at the beginning of each class and check themselves out at the end of the class, by either signing a sheet, or letting your instructor know.
7. Each sailor will be required to pass a rudimentary swim test the first day of class. Please wear a bathing suit and bring dry clothes and a towel on the 1st day.
8. Classes are held on rainy days. We sail in light rain, so pls. bring appropriate gear. If the weather isn't suitable for sailing, lessons and fun activities will be held in the clubhouse. If there are several rainy days in a row, the instructors may call for an early pick-up.
9. Each sailor will be asked to help straighten up / pick up at the end of the sessions, along with instructors.
10. Once sailors arrive at the club house, they should seek out an instructor and follow their directions.
11. Bathrooms and sanitization / washing stations will be on the club premises
12. For each class, sailors will be assessed according to their skills and experience
13. Let either Montana or Kat know in advance, if you are not able to sail on a day for which you are scheduled.
14. No running, swimming, or jumping from the dock or floats is permitted. No diving from boats.
15. **Remember to bring sunscreen, a hat and drinking water, in a refillable bottle.**
16. Sailors scheduled for all day, please bring a lunch, with your name on it. A refrigerator is available.
17. **The Free Junior Sailing Student Cookout is held every Tuesday evening from 6 - 8 pm- a lot of fun!**
18. *Parents, please observe the posted speed limit on Keziah's Lane, our neighbors appreciate it!*

I have read and understand the rules & suggestions above and will abide by them accordingly.

Sailor's signature: _____

Parent's signature: _____

Date _____

www.namequointsailing.org

508-255-6858